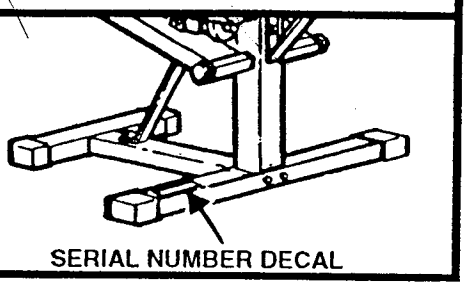
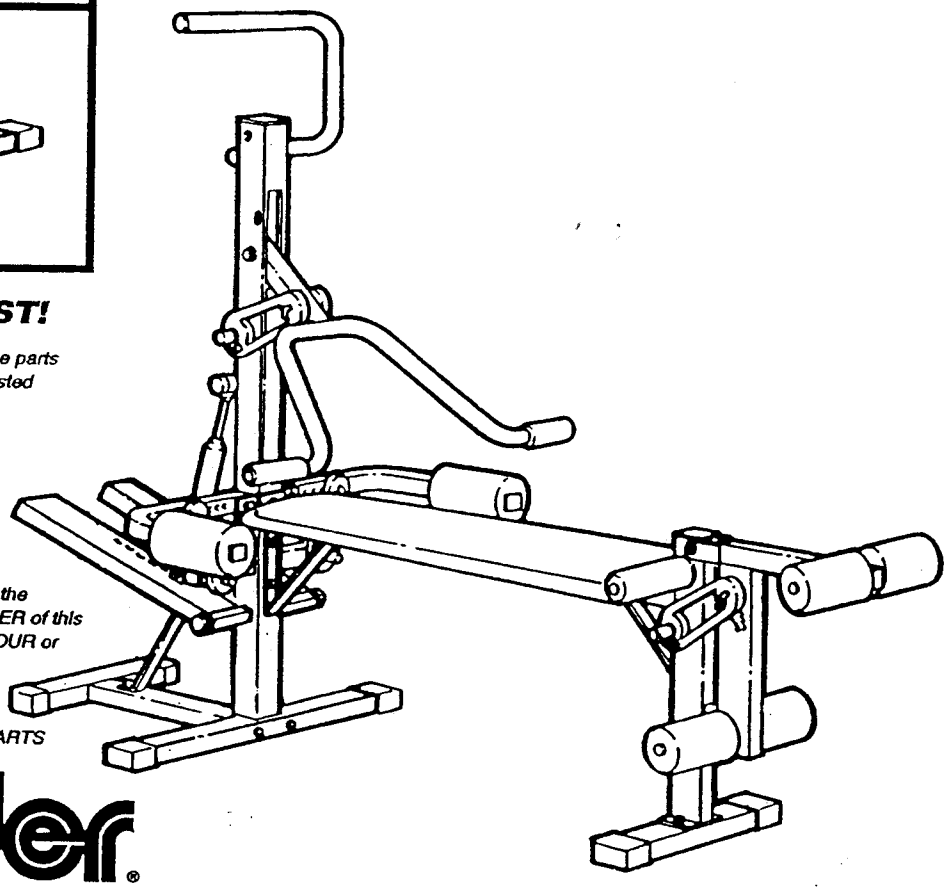
FLEX 2000 PLUS

CROSS TRAINER MODEL 2032

MODEL NO. 2032
SERIAL NO.
Write the serial number in the space above for reference.



SERIAL NUMBER DECAL



WAIT, READ THIS FIRST!

If you find this unit to have missing or defective parts please have ready the following information listed below before calling the 800 NUMBER.

The ASSEMBLY MANUAL
MODEL NUMBER of this UNIT
PART NAME or DESCRIPTION
ORDERING NUMBER
THE QUANTITY of each part that you need.

THE MODEL NUMBER of this unit is found in the UPPER LEFT-HAND or RIGHT-HAND CORNER of this page. The MODEL NUMBER is a series of FOUR or FIVE NUMBERS.

THE PART NAME or DESCRIPTION and the ORDERING NUMBER can be found on the PARTS LIST PAGE.

weider®

OWNER'S MANUAL

MADE IN CANADA

WEIDER is committed to providing you complete customer satisfaction. If you have any questions concerning the assembly of this product or find damaged or missing parts, we guarantee you direct assistance. AVOID THE HASSLE OF CONTACTING THE STORE FOR PARTS OR RETURNING THE PRODUCT. Call our "CUSTOMER ASSISTANCE LINE" for assistance with parts and information by calling our toll free number 1-800-225-0653, Mon. - Fri., 8 am - 5 pm CST.

IMPORTANT: Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.

WEIDER HEALTH AND FITNESS
21100 Erwin Street, Woodland Hills, Ca. 91367 USA

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IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the important safety precautions before using this equipment.

1. Read all instructions in this manual before using this equipment.
2. Use this equipment only as described in this Owner's Guide.
3. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
4. Keep hands away from moving parts other than the designated handles.
5. Check the tension of the linking cable and adjust out excessive slack if it occurs. Do not overtighten as this cable does not need to be drum tight.
6. Keep small children away from this equipment during use.

WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weider assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

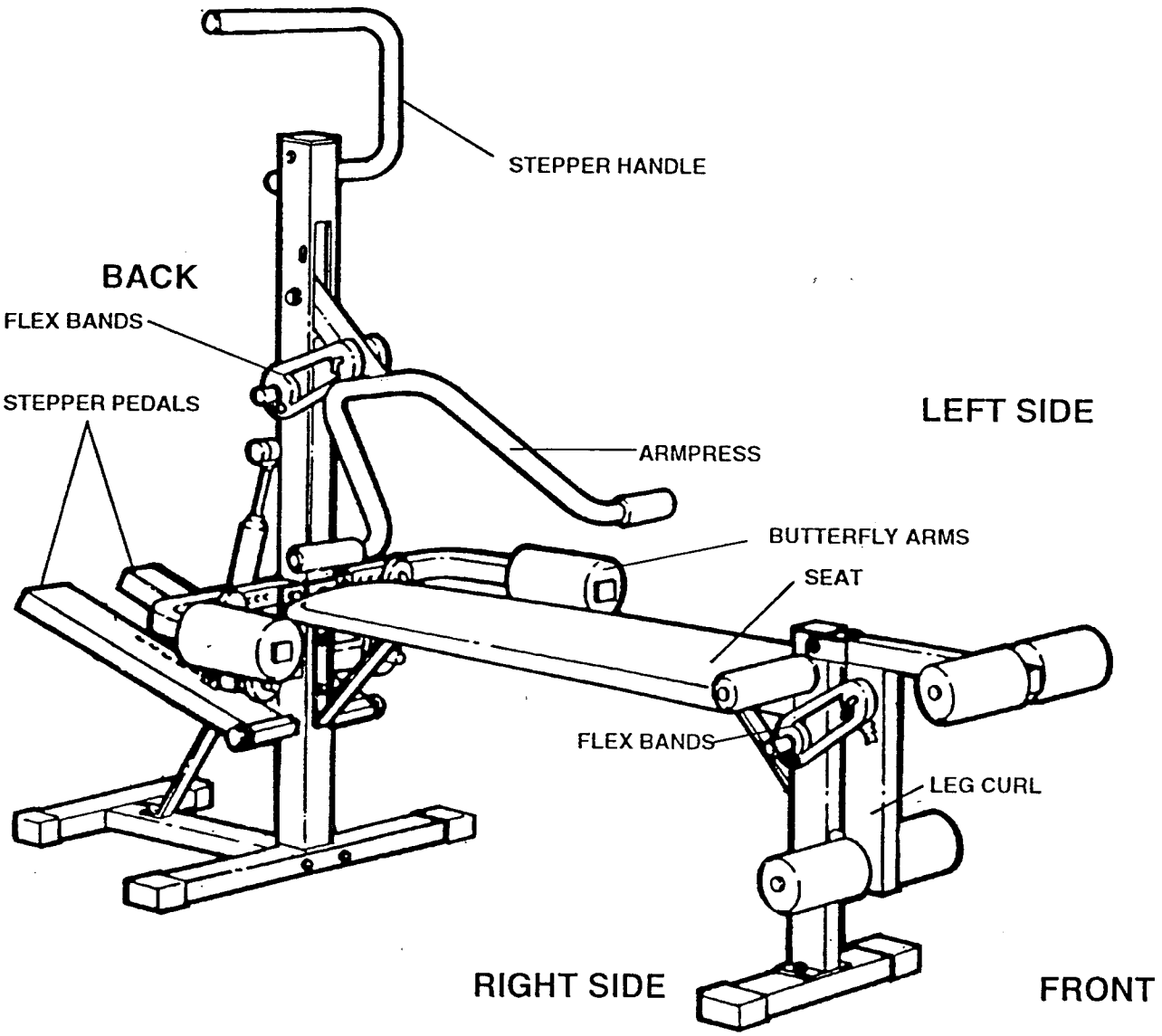
SAVE THESE INSTRUCTIONS

INTRODUCTION

Thank you for choosing the Weider FLEX PLUS 2000 HOME GYM. Your Home Gym is designed and engineered to give you many hours of aerobic conditioning.

This manual is provided to help you understand the simple assembly, adjustments, and use of the Home Gym. In addition to assembly instructions it also contains conditioning guides, maintenance tips, and parts information.

Please take the time to read all the information contained in this manual and after assembly is completed keep it for future reference.



MAINTENANCE TIPS

Keeping your FLEX PLUS 2000 in good condition will help insure you many hours of safe, enjoyable exercise. Following an easy maintenance routine will prevent premature wear and unnecessary parts replacement.

1. Check all fasteners, nuts and bolts, and caps to see that they are tight and fitted properly.

2. Lubricate all moving parts frequently to keep handles and other parts moving smoothly and to eliminate squeaks and excessive noise.

Painted surfaces can be cleaned with a soft cloth an mild, non-abrasive detergent.

PART LIST 2032

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
1	UPRIGHT	1	C1246-F41*F41
2	BACKBONE	1	C3268-F41*F41
3	FRONT FOOT	1	C3269-F41*F41
4	REAR BASE	1	C3270-F41*F41
5	PIVOT TUBE - 3/4 X 4 1/2"	2	C6396-F41*F41
6	STEPPER BRACE	1	C6837-F41*F41
7	MOUNTING BRACKET	2	C6836-F41*F41
8	BUTTERFLY ARM	2	C6510-F41*F41
9	FOAM ROLLER PAD - 3" X 5 3/4"	6	C0468-F23*F41
10	BACKREST MOUNTING PLATE	2	C6838-F41*F41
11	BACKREST	1	C1392-F41*F41
12	PAD BAR - 3/4" X 13 1/2"	1	C6121-A25*F41
13	FOAM ROLLER PAD - 2 1/4" X 6"	2	C0449-E08*F41
14	LEG CURL	1	C3271-F41*F41
15	PAD BAR - 3/4" X 13"	2	C6327-E19*F41
16	STEPPER PEDAL - RIGHT	1	C3273-F41*F41
17	STEPPER PEDAL - LEFT	1	C3274-F41*F41
18	RESISTANCE CYLINDER	2	ZZ-0004*F41
19	CYLINDER MOUNTING BRACKET	2	C6805-F41*F41
20	FOOT PAD	2	AA-8209*F41
21	STEPPER HANDLE	1	C6397-F41*F41
22	ARM PRESS	1	C6398-F41*F41
23	FOAM GRIP - 1" X 5"	2	C0439-D19*F41
25	5/16" X 3" HEX HEAD BOLT	3	HH-5167*F41
26	5/16" X 2" HEX HEAD BOLT	3	HH-5054*F41
27	5/16" X 3 1/2" HEX HEAD BOLT	2	HH-5294-F41
28	5/16" X 3 1/4" HEX HEAD BOLT	1	HH-5297*F41
29	5/16" X 2 1/2" HEX HEAD BOLT	2	HH-5053*F41
30	5/16" X 2 1/4" HEX HEAD BOLT	1	HH-5199-F41
31	5/16" X 1 1/2" HEX HEAD BOLT	2	HH-5312*F41
32	5/16" X 1" HEX HEAD BOLT	2	HH-5332*F41
33	3/8" SPRING CLIP	2	WW-7043*F41
34	3/4" SPRING CLIP	4	WW-7047*F41
35	5/16" FLAT WASHER	8	HH-5127*F41
36	5/16" NYLON LOCK NUT	16	HH-5012*F41
37	1/4" X 2" MACHINE SCREW	2	HH-5256*F41
38	1/4" NYLON LOCK NUT	6	HH-5011*F41
39	1/4" X 2" CARRIAGE BOLT	2	HH-5338*F41

PART LIST 2032

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
40	1/4" FLAT WASHER	2	HH-5048*F41
41	1/4" X 2 1/2" CARRIAGE BOLT	2	HH-5333*F41
45	3/8" X 6" L PIN	1	WW-7046*F41
46	3/8" X 4 1/2" L PIN	1	WW-7070*F41
47	3/8" X 3 1/4" L PIN	2	WW-7044*F41
51	#8 SHEET METAL SCREW	2	HH-5464*F41
52	1/4" X 3/4" MACHINE SCREW	4	HH-5022*F41
53	5/32" X 1/2" MACHINE SCREW	1	HH-5432*F41
54	RUBBER LEG CURL BUMPER	1	AA-8131*F41
55	1 1/2" X 3" PLASTIC COVER CAP	4	AA-8169*F41
56	1 1/2" SQUARE PLASTIC INSERT CAP	5	AA-8001*F41
57	2 1/2" SQUARE PLASTIC INSERT CAP	1	AA-8013*F41
58	1 1/2" X 3" PLASTIC INSERT CAP	1	AA-8130*F41
59	3/4" ROUND PLASTIC INSERT CAP	.12	AA-8004*F41
60	1 1/2" SQUARE PLASTIC COVER CAP	2	AA-8212*F41
61	1" ROUND PLASTIC COVER CAP	2	HH-5348*F41
62	5/8" ROUND PLASTIC COVER CAP	2	HH-5357*F41
63	1 1/4" ROUND PLASTIC INSERT CAP	4	AA-8014*F41
65	1 1/4" SQUARE END BUSHING	4	AA-8203*F41
66	1" RING RETAINER	2	HH-5423*F41
67	5/8" RING RETAINER	2	HH-5422*F41
68	5/8" I.D. X 1 1/2" SPACER BUSHING	2	AA-8149*F41
69	TENSION KNOB	2	HH-5400*F41
70	PLASTIC BUMPER	1	AA-8132*F41
73	3/4" X 6" LEG CURL BAND BAR	1	C6254-E03*F41
74	3/4" X 9" ARM PRESS BAND BAR	1	C6253-E03*F41
75	FLEX BAND - EXTRA STRENGTH	2	C6270-F31*F41
76	FLEX BAND	2	C6255-E03*F41
90	FLEX PLUS 2000 DECAL	1 SET	DE-4270*F41
91	BUTTERFLY ARM RESISTANCE SCALE DECAL	2	DE-4270*F41
92	LEG CURL RESISTANCE SCALE DECAL	1	DE-4270*F41
93	STEPPER RESISTANCE SCALE DECAL	1	DE-4270*F41
94	STATION 2 DECAL	1	DE-4270*F41
95	ARM PRESS SCALE DECAL	1	DE-4270*F41
	ASSEMBLY MANUAL	1	CNN-1203*F41
	TRAINING MANUAL	1	CNN-1204*F41
	HARDWARE BAG (BOLTS & NUTS)	1	C5994-F41*F41
	HARDWARE BAG (PLASTICS)	1	C5995-F41*F41

STEP 1 BASE FRAME ASSEMBLY

PART NAME	QTY
25 5/16" X 3" HEX HEAD BOLT	1
26 5/16" X 2 " HEX HEAD BOLT	2
27 5/16" X 3 1/2" HEX HEAD BOLT	2
35 5/16" FLAT WASHER	2
36 5/16" NYLON LOCK NUT	5
53 5/32" MACHINE SCREW	1
54 RUBBER LEG CURL BUMPER	1
55 1 1/2" X 3" PLASTIC COVER CAP	4
57 2 1/2" SQUARE PLASTIC INSERT CAP	1
58 1 1/2" X 3" PLASTIC INSERT CAP	1
60 1 1/2" SQUARE PLASTIC COVER CAP	2

☐ *Begin by inserting 1 1/2" X 3" PLASTIC COVER CAPS (55) onto the ends of the base of the UPRIGHT (1)*

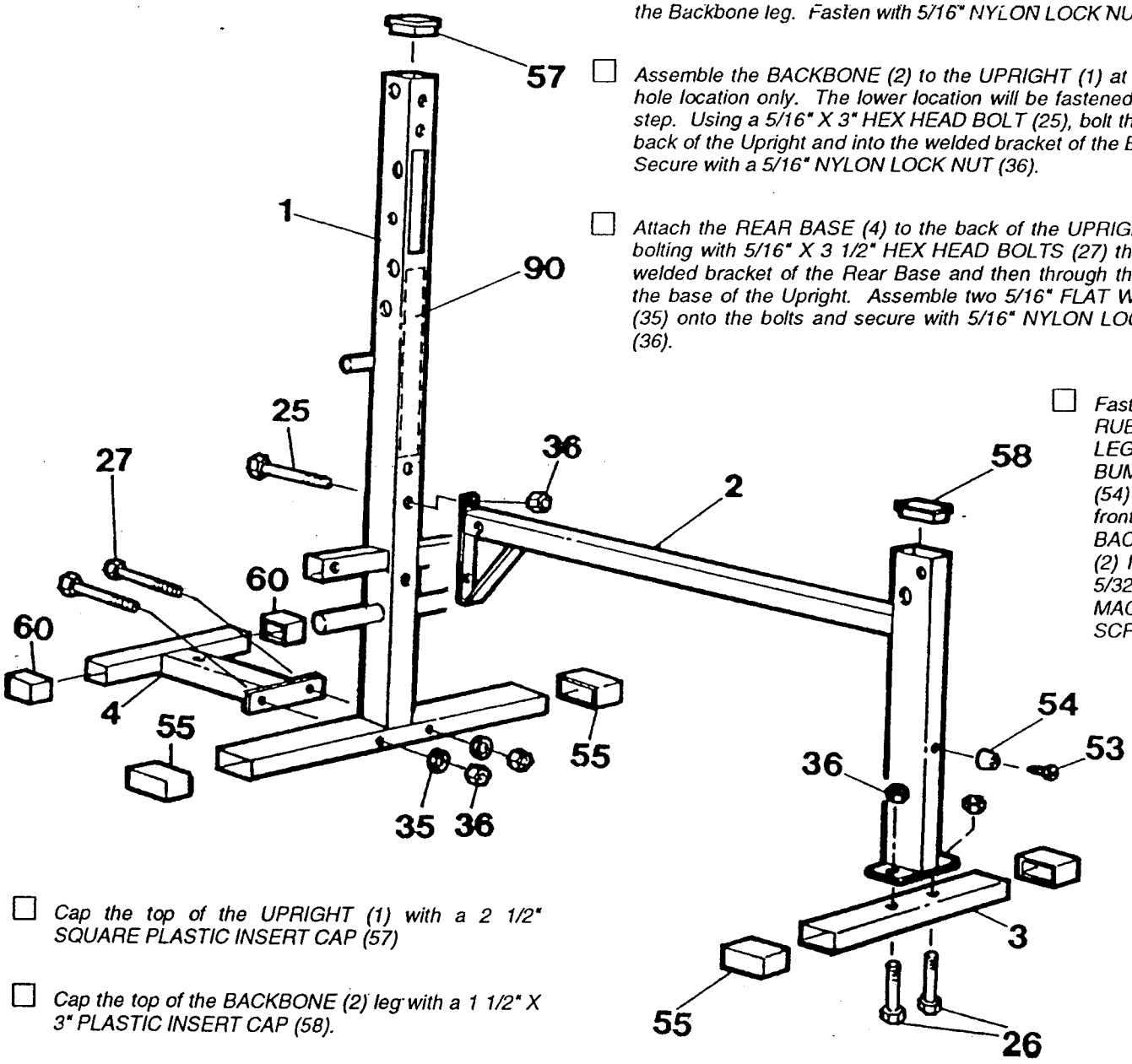
☐ *Press 1 1/2" X 3" PLASTIC COVER CAPS (55) onto each end of the FRONT FOOT (3).*

☐ *Press 1 1/2" SQUARE PLASTIC COVER CAPS (60) onto each end Of the REAR BASE (4).*

☐ *Assemble the FRONT FOOT (3) to the BACKBONE (2) leg using 5/16" X 2" HEX HEAD BOLTS (26) and bolting up through the bottom of the Front Foot and then through the welded bracket of the Backbone leg. Fasten with 5/16" NYLON LOCK NUTS (36).*

☐ *Assemble the BACKBONE (2) to the UPRIGHT (1) at the upper hole location only. The lower location will be fastened in a later step. Using a 5/16" X 3" HEX HEAD BOLT (25), bolt through the back of the Upright and into the welded bracket of the Backbone. Secure with a 5/16" NYLON LOCK NUT (36).*

☐ *Attach the REAR BASE (4) to the back of the UPRIGHT (1) by bolting with 5/16" X 3 1/2" HEX HEAD BOLTS (27) through the welded bracket of the Rear Base and then through the back of the base of the Upright. Assemble two 5/16" FLAT WASHERS (35) onto the bolts and secure with 5/16" NYLON LOCK NUTS (36).*



☐ *Fasten the RUBBER LEG CURL BUMPER (54) to the front of the BACKBONE (2) leg with a 5/32" MACHINE SCREW (53)*

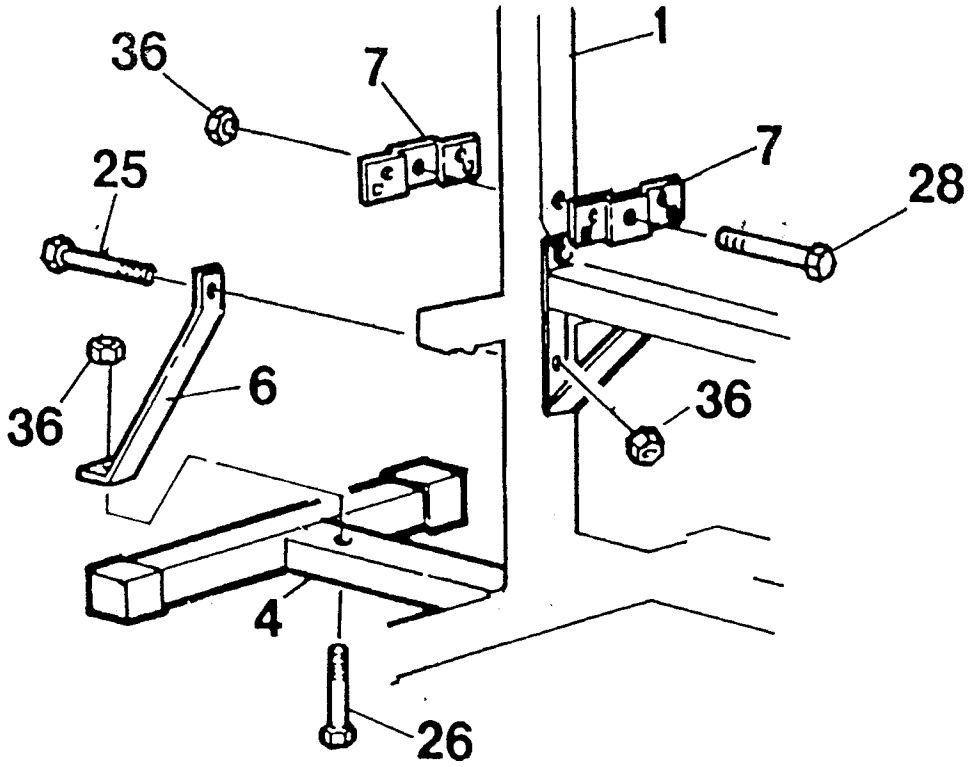
☐ *Cap the top of the UPRIGHT (1) with a 2 1/2" SQUARE PLASTIC INSERT CAP (57)*

☐ *Cap the top of the BACKBONE (2) leg with a 1 1/2" X 3" PLASTIC INSERT CAP (58).*

☐ *Remove the FLEX PLUS 2000 DECAL (90) from the backing sheet and affix to the front of the Upright below the open slot.*

STEP 2 MOUNTING BRACKET & STEPPER BRACE

PART NAME	QTY
25 5/16" X 3" HEX HEAD BOLT	1
26 5/16" X 2" HEX HEAD BOLT	1
28 5/16" X 3 1/4" HEX HEAD BOLT	1
36 5/16" NYLON LOCK NUT	3



☐ *Attach the MOUNTING BRACKETS (7) to the front and back of the UPRIGHT (1) at the hole location directly above the BACKBONE (2) by bolting with a 5/16" X 3 1/4" HEX HEAD BOLT (28) through a Mounting Bracket at the front of the Upright, through the Upright, and finally through the second Mounting Bracket. Secure with a 5/16" NYLON LOCK NUT (36). DO NOT TIGHTEN AT THIS TIME TO AID IN FURTHER ASSEMBLY.*

☐ *Attach the STEPPER BRACE (6) to the REAR BASE (4) by bolting with a 5/16" X 2" HEX HEAD BOLT (26) up through the bottom of the Rear Base and then through an end of the Stepper Brace. Secure with a 5/16" NYLON LOCK NUT (36).*

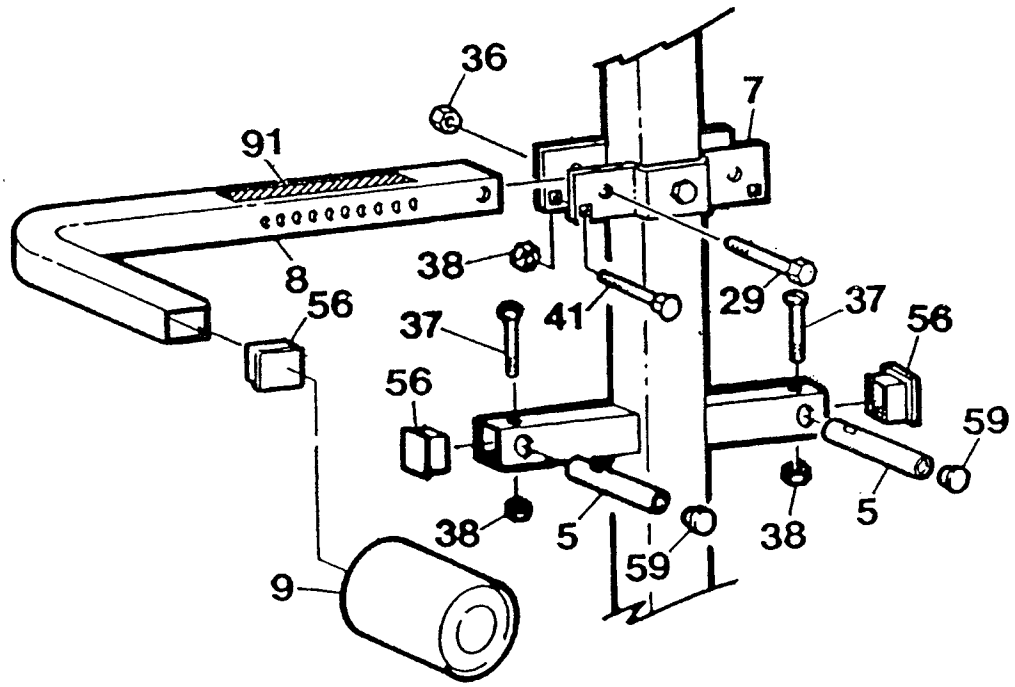
☐ *Attach the upper end of the STEPPER BRACE (6) to the UPRIGHT (1) and to the BACKBONE (2) by bolting with a 5/16" X 3" HEX HEAD BOLT (25) through the Stepper Brace, then through the back of the Upright, and finally through the welded bracket of the Backbone. Secure with a 5/16" NYLON LOCK NUT (36).*

STEP 3 BUTTERFLY ARM ASSEMBLY

PART NAME	QTY
29 5/16" X 2 1/2" HEX HEAD BOLT	2
36 5/16" NYLON LOCK NUT	2
37 1/4" X 2" MACHINE SCREW	2
38 1/4" NYLON LOCK NUT	4
41 1/4" X 2 1/2" CARRIAGE BOLT	2
56 1 1/2" SQUARE PLASTIC INSERT CAP	4
59 3/4" ROUND PLASTIC INSERT CAP	2

☐ *Insert the end with the hole of the 3/4" X 4 1/2" PIVOT TUBES (5) into the hole locations at the ends of the UPRIGHT (1) Cross-member tube.*

☐ *Rotate the PIVOT TUBES (5) until the bolt holes align and using 1/4" X 2" MACHINE SCREWS (37), bolt down through the top of the Cross-member tube and then through the Pivot Tube. Secure with 1/4" NYLON LOCK NUTS (38).*



☐ *Insert 1 1/2" SQUARE PLASTIC INSERT CAPS (56) into the ends of the Upright Cross-member tube.*

☐ *Cap the end of each PIVOT TUBE (5) with a 3/4" ROUND PLASTIC INSERT CAP (59).*

☐ *Into the square holes in the bottom corners of lthe MOUNTING BRACKETS (7) insert a 1/4" X 2 1/2" CARRIAGE BOLT (41) and fasten with a 1/4" NYLON LOCK NUT (38). Finger tighten only at this time.*

☐ *Position the BUTTERFLY ARMS (8) between the MOUNTING BRACKETS (7) and bolt in place using a 5/16" X 2 1/2" HEX HEAD BOLT (29) and bolting lhrough the front Bracket, through the Butterfly Arm, and then through the rear Mounting Bracket. Secure with a 5/16" NYLON LOCK NUT (36).*

☐ *After the Arms are bolted into the Brackets go back and tightly fasten the Bracket bolts that were previously left untightened.*

☐ *Cap the ends of the BUTTERFLY ARMS (8) with 1 1/2" SQUARE PLASTIC INSERT CAPS (56).*

» *NOTE: To each Arm, wipe a small amount of liquid dish detergent over the ends of the Arms. This helps in the assembly of the Foam Roller Pads. When the detergent dries, it acts as an adhesive.*

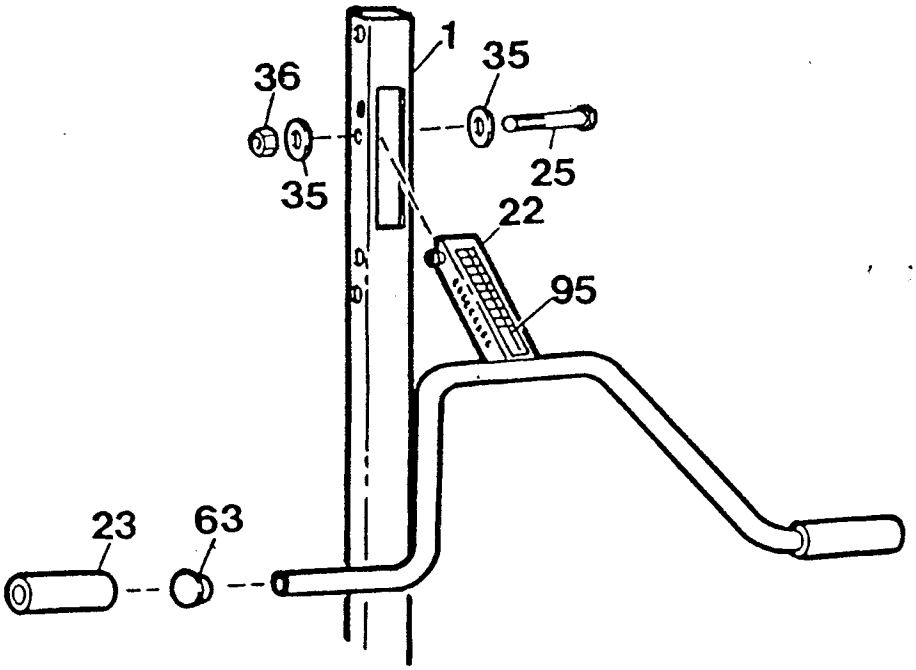
☐ *To each end of the Arms, press on one 3" X 5 3/4" FOAM ROLLER PAD (9) (1 3/8" I. D.)*

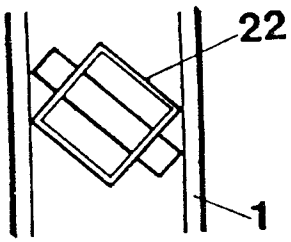
☐ *Remove the BUTTERFLY ARM RESISTANCE SCALE DECALS (91) (numbers from 15 TO 55)) from the backing sheet and affix atop the Arms so that "55" is positioned in line with the resistance hole furthest away from the Upright.*

STEP 8 ARM PRESS ASSEMBLY

PART NAME	QTY
25 5/16" X 3" HEX HEAD BOLT	1
35 5/16" FLAT WASHER	2
36 5/16" NYLON LOCK NUT	1
63 1 1/4" ROUND PLASTIC INSERT CAP	2
70 PLASTIC BUMPER	1

☐ *Assemble ARM PRESS ARM (22) into UPRIGHT (1). TO DO THIS, TURN THE HANDLE BAR AT AN ANGLE SO THAT THE HANDLE BAR EXTENSION AND WELDED SPACER FIT INTO THE OPENING OF THE FRAME. ONCE INSIDE THE FRAME TUBE TWIST THE HANDLE BAR BACK INTO A STRAIGHT ALIGNMENT. SEE DETAIL A! Bolt the Handle Bar into position using 5/16" X 3" HEX HEAD BOLT (25), 5/16" FLAT WASHERS (35), and 5/16" NYLON LOCK NUT (36).*





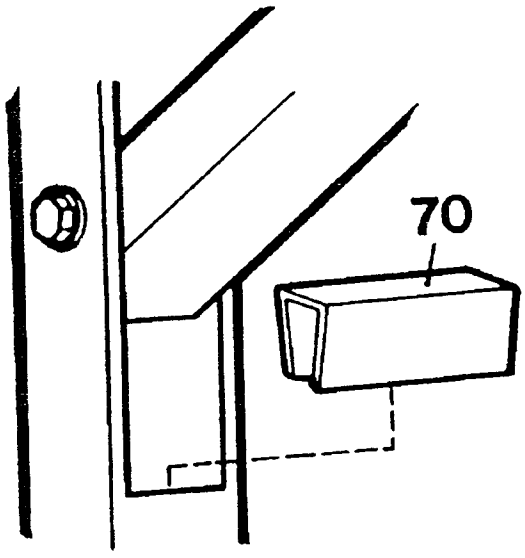
DETAIL A

☐ *Press 1 1/4" ROUND PLASTIC INSERT CAPS (63) into ends of Handle Bar.*

☐ *Wipe liquid dish detergent over surface of Handle Bar ends and press on 1" X 5" FOAM GRIPS (23).*

☐ *Assemble PLASTIC BUMPER (70) to bottom side of Long Slot in UPRIGHT (1) where it comes in contact with the ARM PRESS ARM (22). SEE DETAIL B! (FOR BEST RESULTS, GLUE THE PLASTIC BUMPER INTO PLACE.)*

☐ *Postion the ARM PRESS RESISTANCE SCALE DECAL (95) on top side of ARM PRESS ARM (22).*



DETAIL B

ABOUT "FLEX BAND RESISTANCE"

UNLIKE WEIGHT STACK SYSTEMS, FLEX BAND SYSTEMS GIVE PROGRESSIVELY INCREASING RESISTANCE. AT THE BEGINNING OF THE MOVEMENT, THERE IS VERY LITTLE RESISTANCE, BUT BUILDS TO THE MAXIMUM RESISTANCE OF THE SETTING AT THE END OF THE MOVEMENT. ALSO, BECAUSE OF STRETCHING AND AGING OF THE BANDS, THEY MAY GENERALLY LOSE RESISTANCE OVER A PERIOD OF TIME. WITH NORMAL USE AND CARE, YOUR BANDS WILL LAST A LONG TIME, HOWEVER, CARE SHOULD BE TAKEN TO NOT MISUSE OR OVER STRETCH THEM.

HOW TO USE EACH EXERCISE STATION:

THERE ARE THREE POSITIONS FOR USING THE ARM PRESS. THESE POSITIONS ARE: ARM PRESS, SEATED MILITARY PRESS, AND LAT PULL DOWNS.

ARM PRESS STATIONS:

☐ *First cap each end of the* 3/4" X 9" ARM PRESS BAND BAR (74) *with* 3/4" ROUND PLASTIC INSERT CAPS (59).

☐ *Insert Bar into bottom hole position on the Main Frame.* (POSITION A)

☐ *Slide one* "EXTRA STRENGTH FLEX BAND" (75) *onto each end of Bar. Secure each Band with* LARGE SPRING CLIP (34). THIS IS THE ONLY PLACE ON YOUR UNIT WHERE THE EXTRA STRENGTH FLEX BANDS MAY BE USED.

☐ *Select desired amount of resistance you wish to use and secure Band into position using* 41/2" L-PIN (46) *and* SMALL SPRING CLIP (33).

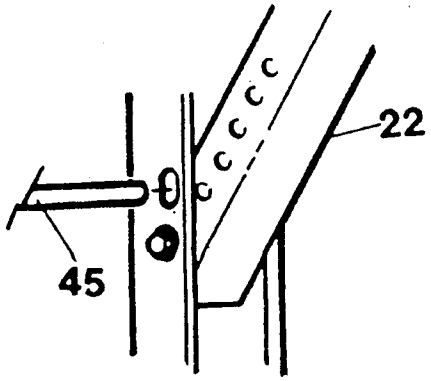
MILITARY PRESS:

☐ *Position* BAND BAR (74) *into* POSITION "B" *to do all seated press exercises. Bar position can be changed from one anchoring hole to another without having to remove bands from Arm Press Arm by simply sliding pin completely out of Bands and Frame and re-pinning in other location.*

LAT PULL-DOWNS:

☐ *Move Band Bar to top* POSITION "C" *for Pull-Down Exercises.*

FLEX BAND - EXTRA STRENGTH



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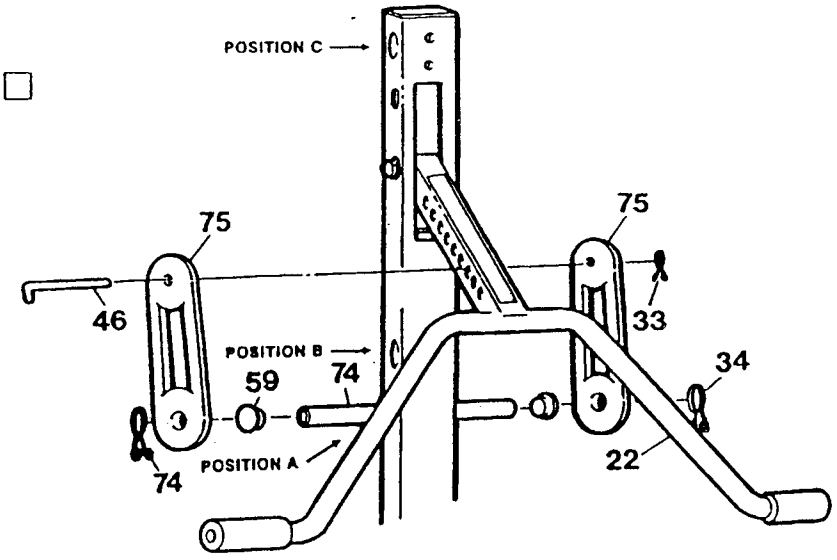


» NOTE: *When using the Bands on other stations, pin the* ARM PRESS ARM (22) *in the up position by using* 6" L-PIN (45) *and* SMALL SPRING CLIP (33) *in the slot in the Frame and into and through one of the resistance holes in the Arm Press.*

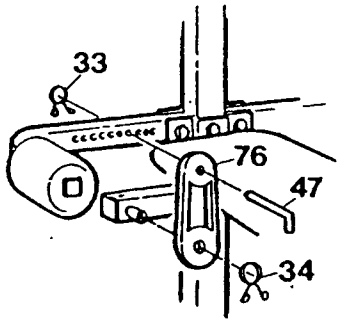
PEC-DECK EXERCISES

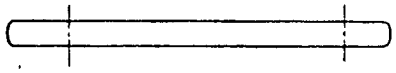
☐ *Insert "Flex Bands" onto posts on Pec-Deck Crossbar of Main Frame. Secure each Band to Post with a* LARGE SPRING SLIP (34).

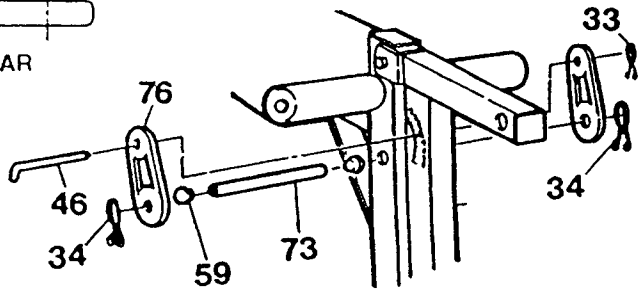
☐ *Secure other end of* FLEX BANDS (76) *to* BUTTERFLY ARM (8) *using* 3 1/4" L-PIN (47) *and* SMALL SPRING SLIP (33).

Again resistance can be selected from 15 to 55 lbs. per arm as per your choice.

For proper conditioning you should always use the same amount of resistance on each arm when working both arms at once.







LEG EXTENSIONS & CURLS:

☐ *Into each end of the* 3/4" X 6" LEG CURL BAND BAR (73) *insert a* 3/4" ROUND PLASTIC INSERT CAP (59).

☐ *Insert Band Bar into bar location holes in Front Leg of Backbone. Assemble* "FLEX BANDS" (76) *onto each side of Bar and secure each with* LARGE SPRING PIN (34).

☐ *Attach other end of* "FLEX BANDS" *to desired resistance hole in* LEG CURL (14) *using a* 4 1/2" L-PIN (46) *and* SMALL SPRING CLIP (33).

LEG EXTENSIONS:

To do Leg Extensions, sit so that your legs are over the foot of the bench and the foam rollers are in the bend of the knees. Position feet behind foam rollers and extend legs forward until straight. If you are unable to straighten legs fully, reduce resistance until it is possible. As you build strength in your legs, you can increase the resistance.

LEG CURLS:

Laying on your stomach, position your body so that your knees are atop the Knee Rollers at the foot of the bench.

Hook Heels under Roller Pads at the end of Leg Curl Arm. Bring Feet back over Leg as far as possible, then slowly straighten Legs back to beginning position.

BICEPS CURLS & ROWING:

Some additional exercises that can be performed with the Leg Curl Extension are seated Biceps Curls and Seated Rowing.

By removing the Foam Rollers from the Pad Bar at the end of the Leg Curl the Bar acts as a Curl Bar.

SEATED ROWING:

Again positioned forward on the Bench reach forward and grasp the Pad Bar. Pull back on Leg Curl to touch chest while keeping elbows extended and away from your body.

GENERAL EXERCISE NOTE:

As in any exercise program, start out doing exercises at a resistance setting that you are comfortable with.

Do repetitive sets of exercises to condition your muscles before increasing the pounds of resistance.

Over the days and weeks gradually increase the number of reps, sets and resistance as your muscular endurance increases.

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN!

EXERCISE INTENSITY

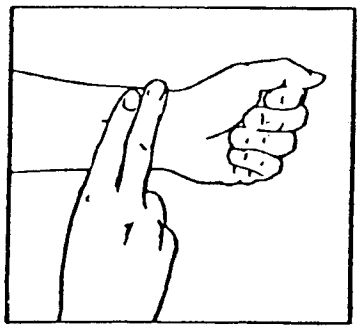
To maximize the benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone". You can determine your Training Zone by consulting the table below. Training Zones are listed for both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

During the first few weeks of your exercise program, you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Add a 0 to the result to find your heart rate. Compare your heart rate to your Training Zone. If your heart rate is too low, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.



WORKOUT PATTERN

Each workout should consist of 5 basic parts: 1. AT REST, 2. WARMING-UP, 3. TRAINING ZONE EXERCISE, 4.COOLING-DOWN, 5. AT REST.

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of stretching or light exercise will allow the body to cool down.

EXERCISE FREQUENCY

To maintain or improve your condition, you must workout 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 times per week. The key to a successful program is REGULAR exercise.

SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch - never bounce.

HAM STRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

Stretches: Hamstrings, Lower Back and Groin

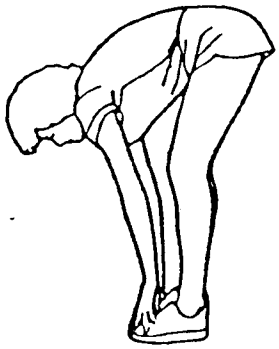
INNER THIGH STRETCH

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

Stretches: Quadriceps, Hip Muscles

TOE TOUCHES

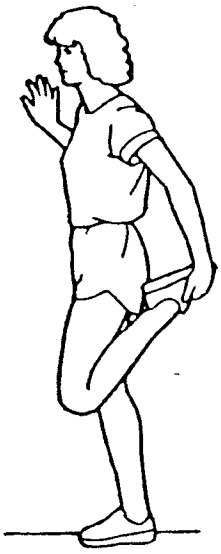
Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.



Stretches: Hamstrings, Back of Knees, Back

QUADRICEPS STRETCH

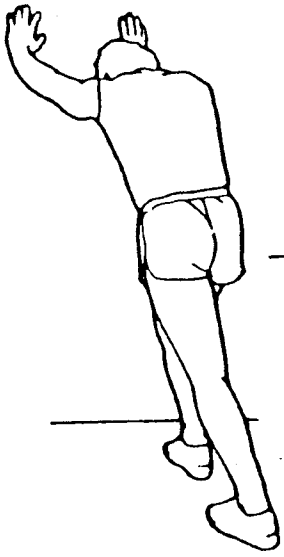
With one hand against a wall for balance, reach behind you and pull up your foot. Bring you heel as close to your buttocks as possible. Hold for 15 counts. Repeat.



Stretches: Quadriceps, Hip Muscles

CALF/ACHILLES STRETCH

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the Achilles tendons, slightly bend back leg as well.



Stretches: Calves, Achilles Tendons, and Ankles

ORDERING PARTS

Weider is dedicated to insure that each product is manufactured to the highest standards and that this product reaches the customer in the best possible condition. In the event that you find any problem in workmanship or missing parts please call our toll free product service number: 1-800-225-0653.

Weider provides replacement parts at no charge to the customer for one year if it is determined that the part was defective from the manufacturer or if any part is missing from the original, un-opened carton.

If it becomes necessary to order replacement parts the following action and information is required:

1. Your Owner's I.D. card must be returned to us to verify the product you have purchased, your name, address, and the date of your purchase. No charge replacement parts will not be sent without this information on file with our Parts Department.

2. Parts may be ordered using the parts order card which is included with this product or by calling our product service number: 1-800-225-0653.

3. Before ordering parts by phone have ready the following information to expedite your order:

a. Name of the product (FLEX PLUS 2000 HOME GYM)

b. Model number of product (2032)

c. Serial number of the product located on a decal on the frame

(See drawing on front cover for the location of this decal.)

d. Ordering number of part (See Parts List page.)

e. Description of the part from the Parts List page

f. Country of manufacturer (See cover.)

The same information is required when placing your order by mail.

If you need parts or assistance do not return this product to the store, simply contact Weider Customer Assistance at 1-800-225-0653 Monday - Friday 8 a.m. - 5 p.m. CST.

All parts and service inquiries should be directed to:

Weider Health & Fitness

Parts Service Department

900 West St. John Street

Olney, Illinois 62450

LIMITED WARRANTY

Weider Health and Fitness, a California corporation warrants this item of equipment to be free from defects in material and/or workmanship for a period of ONE YEAR from the date of the original purchase (retail, mail order or otherwise) for use. Weider also warrants the frame of this item of equipment to be free from defects in material or workmanship for a period of FIVE YEARS from the date of original purchase.

In the event of a defect in material or workmanship during the warranty period, Weider will repair or replace (at its option) the Equipment (or frame) under the conditions of this Warranty. Weider will do so at its expense for the cost of labor and materials but not for mailing except as noted.

LIMITATIONS, EXCLUSIONS AND OTHER RIGHTS:

Weider disclaims liability for any and all implied warranties except as set forth to the contrary herein. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Weider disclaims liability for indirect, incidental or consequential damages. This disclaimer applies during and after the warranty period. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

Weider is not responsible for damage to the Equipment caused by accident, theft, misuse, abuse, abnormal use or conditions, neglect or modifications.

This Warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

CLAIM PROCEDURE

If you discover a defect or malfunction during the period to which this Warranty applies, you must follow this procedure:

Write to: Parts Service Weider Health & Fitness 900 West St. John Street Olney, Illinois 62450

In your letter state your full name and address; the reason why you believe there is a defect or malfunction subject to this warranty; and the date and conditions under which the defect or malfunction occurred.

Include in your letter a copy of the sales receipt or other proof of date of purchase of the Equipment, if you have not sent in a warranty card. Upon receipt of your letter, Weider will make a preliminary determination of its responsibility to repair or replace under this Warranty.

PARTS SERVICE 1-800-225-0653

If Weider denies responsibility it will explain its decision in writing. If Weider accepts responsibility to repair or replace the item or part under the warranty it will notify you in writing to bring or ship the Equipment to a designated Weider facility or an authorized service station for repairs (returning or shipping will be at your expense).

If Warranty repair or replacement is made at a Weider facility, the Equipment will be returned to you at Weider's expense. If Warranty repair or replacement is made at a service station, arrangements for the return of the Equipment must be made directly with the service station and are made at your expense.